

Fitness Frequently Asked Questions

Why did the requirements change?

Exercising indoors is a higher risk activity for transmitting COVID-19. However, it is possible to exercise indoors if adequate physical space, ventilation, and sanitation practices are maintained. Larger indoor spaces with fewer people are less risky than smaller indoor spaces with more people, even when physical distancing can be maintained. This updated [Phase 2 and 3 guidance for indoor fitness and training facilities](#) is meant to allow limited access to staffed indoor fitness and training where physical distancing and sanitation protocols can be followed and monitored. In all cases, individuals are encouraged to exercise outdoors whenever possible. The governor's office has worked closely with industry stakeholders on these changes.

How many people are allowed in an outdoor fitness class in Phase 2 and Phase 3?

Outdoor classes are allowed with a maximum of 5 individuals from different households making up a cohort. Each person must be within a minimum of six feet distance from anyone else in their group. Multiple cohorts are allowed with just one instructor but a buffer zone must be in place between each cohort. Businesses may need to get permission or permits to conduct these activities in public parks so first inquire with the city or county in which the park you plan to use resides in for more information. Please review the [Sporting Activities guidance](#) for further reference.

Are classes allowed in outdoor structures?

Outdoor classes are allowed to take place under an outdoor structure (temporary or permanent) so long as the structure is not walled/enclosed on more than two sides to provide appropriate ventilation.

How do these new requirements impact the August 3rd Phase 2 Fitness & Training requirements for "small group sessions?"

This [current document](#) is an update, which replaces the prior requirements. Importantly, the minimum 6 foot rule between members while exercising has been reinstated. The 300 square foot rule in Phase 2, and 200 square foot rule in Phase 3, is specific only to capacity of a facility and is based on the square footage of each room – not the total square footage of the entire building.

Are spotters allowed, for example, when a client is weight lifting?

Yes, but only if the spotter is wearing a cloth facial covering and limits their exposure to the client.

Do dance studios have to follow the fitness requirements?

All dance studios and other fitness-style dance activities must follow the [Phase 2 and 3 Indoor Fitness and Training Facilities COVID-19 Requirements document](#).

Please note that social events, such as a dance party, are not allowed until Phase 4. Dance recitals are also not allowed if performed in front of a live audience or spectators until Phase 4. The latter is considered "[live entertainment](#)."

Do smaller, boutique studios have to abide by the 200 or 300 square feet rule AND the 25% capacity limit?

No. If a studio is under 12,000 square feet, then they do not have to abide by the 25% capacity limit. For Phase 2 counties, 300 square feet per person is required between patrons except while practicing certain [team sports](#) and 200 square feet in Phase 3 counties. The square footage is meant to be used

solely to determine capacity limits of a facility. For example, for a facility is offering a class in a 1,600 square foot studio, up to 5 clients can be within the space in Phase 2 and up to 8 clients in Phase 3.

The occupancy limit does not include fitness instructors or personal trainers, and they need to ensure a minimum of 6 feet of distance between themselves and clients.

The 25% occupancy ONLY applies to large facilities (greater than 12,000 sq ft in total), as determined by the fire code. These facilities should take their total square footage and divide it by 300 for Phase 2 counties and 200 in Phase 3 counties, and the number of people inside the facility should not exceed 25% of the occupancy rating. For example, for a 150,000 square foot facility in Phase 2 ($150,000/300$), up to 500 people are allowed OR 25% of their normal capacity per their fire code, whichever is less.

What about when individuals need to get somewhere within the facility?

When clients are moving throughout the facility to get to a destination, they need to ensure 6 feet of distance between other individuals.

What is the difference in the requirements between a Phase 2 and a Phase 3 county?

For indoor fitness facilities, the requirements between Phases 2 and 3 differ in the square footage. For Phase 2 counties, they must abide by 300 square feet and Phase 3 counties must abide by 200 square feet to determine capacity. All indoor fitness facilities must abide by the same guidelines.

Are racquetball and squash allowed for one-on-one private instruction? What about individual use?

Small enclosed courts, such as those used for racquetball and squash, are allowed in any indoor facility in Phase 2 counties for individual use only. In Phase 3 counties, courts are open for both individual use, and use with participants from the same household. Facilities must allow 30 minutes of non-use between each session.

How are members of the same household treated for purposes of occupancy and physical distancing?

The square foot occupancy requirements must be followed without regard to the relationship of the clients. However, members of the same household do not need to strictly adhere to the physical distancing requirements.

Is live musical accompaniment allowed for activities such as dance instruction?

Yes, as long as there are no spectators. Dancers are not considered spectators in a rehearsal or instruction setting.